VĚSTNÍK

A newsletter of
Sokol San Francisco
http://www.sokolsf.org

SPRING
2018





HAPPY EASTER


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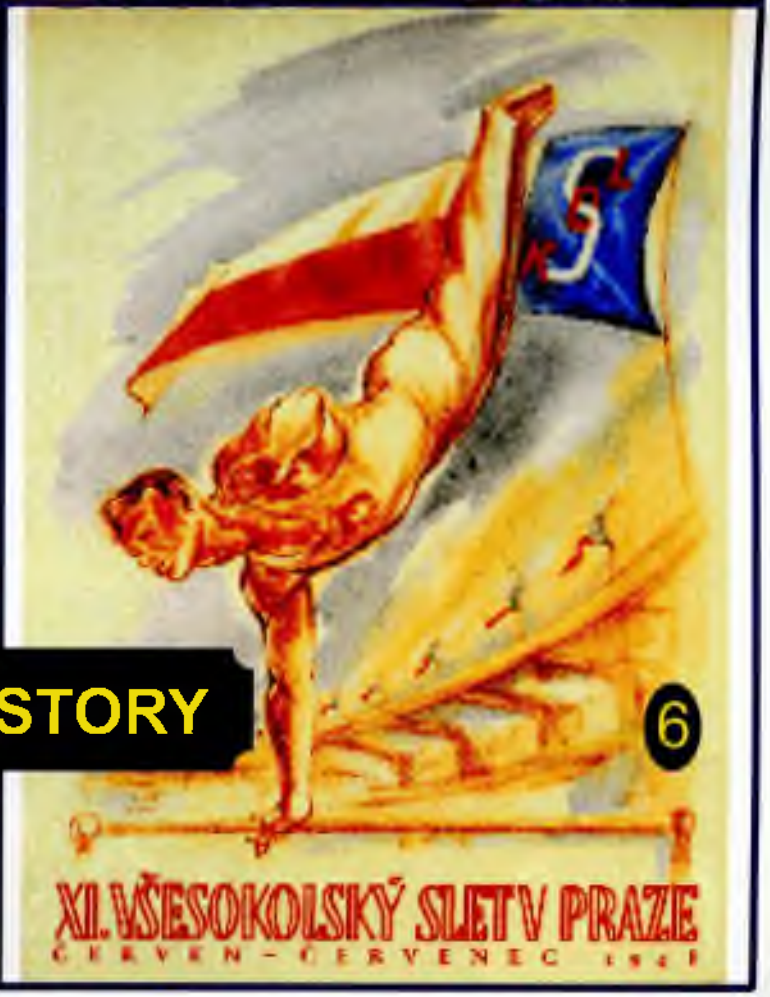

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100 1918 - 2018


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FROM HISTORY



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Fig.1&2 Ester Ledecka made history at the Winter Olympic Games in South Korea winning the women's super-G slalom and also women's Snowboarding parallel slalom. Ester with her 2 Golden Olympic Medals (left) and racing at the snowboarding slalom (right).

Fig. 3 On Saturday March 3, Lenka Glassner was teaching an Easter egg decorating class at Orinda Community Center.

Fig. 4 On March 20, violinist Miroslav Ambros and pianist Zuzana Ambrosova performed in a concert for 100th Anniversary of Czechoslovakia.

Fig. 5 Sokol San Francisco members who performed at the XI. All-Sokol Slet in Prague in 1948. From left to right Brothers and Sisters: Milos Zivny, Marta Sehnal, Zelmira Zivny, Jarmila Dlask, Pavel Burda and Alena Picha.

Fig. 6 XI. All-Sokol Slet.Historical post card from the year of 1948.

XI. All-Sokol Slet 1948. VIDEO: https://www.youtube.com/watch?v=1DBTPqtR60E

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Nazdar Sokol Brothers and Sisters, Sokol Families and Sokol Friends! It is time to get ready to register for

2018 DINKEY CREEK SOKOL FAMILY CAMP July 29 – August 5, 2018

Registration packages will go out via e-mail at the end of April 2018.
Unsure what to expect? A lot of fun and a beautiful week in the scenic and wonderful part of Southern Sierra Nevada.
We can send you material that gives more detail about the camp so that you can make an informed decision. This info will be sent out upon request only. The camp is open to all, but Sokol members get priority. If you have any question or concerns, please ask.
WE ARE LOOKING FORWARD TO SEE YOU THERE!

Cheri Riddle riddle-cg@comcast.net Sokol Pacific District Women's Director, Camp Registrar
Michelle Schear, Camp Director luvnmykdz@msn.com
Jara Dusatko Sokol San Francisco President sokolsf@gmail.com


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GYMNASTIC ASSOCIATION SOKOL SAN FRANCISCO INC.
Educational-Social and Cultural Non-profit Organization
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VĚSTNÍK
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Send your typed contributions to our Unit's address or editor's e-mails.
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Deadline for contributions WINTER January 10 with a publication date January 31,
Deadline for contributions SPRING February 28 with a publication date March 31,
Deadline for contributions SUMMER May 31 with a publication date June 30,
Deadline for contributions FALL September 30 with a publication date October 31.

Sokol Board and Members Meeting is held every second Saturday of the month at Unity Church of Castro Valley, 20121 Santa Maria Ave, Castro Valley, CA 94546

Loving people live in a loving world. Hostile people live in a hostile world. Same world. Wayne Dyer

SOKOL UNIT CORNER

2018

Sokol San Francisco current membership

70 Members
39 females, 31 males

Donations 2018:
Anonymus Sponsor $100.00,
Jarmila Dlask $14.00, Henry J. Sredl $50.00, Frank & Alena Picha $10.00, Christian J. Rousset $20.00, Jiri Kucera $50,00 in Memory of his father Jan Kucera sr., Victor Machacek $24.00, Milan & Regina Prejda $18.00, Ludvik Mlynek $4.00

Total: $290.00

Dear Sokol members, donations are truly appreciated

The dates are tentative and might be changed.

CALENDAR OF EVENTS 2018

DATE	EVENT	PLACE
April 14, Saturday	Spring Dinner and Dance	Crowne Plaza hotel, Foster City, CA
April 26 to 29	ASO Convention	Cleveland , OH
May 12, Saturday	Walk for Health – Edgewood Park	San Mateo, CA
June 2, Saturday	Spring Picnic and Children's Day	Lake Chabot, Castro Valley, CA
July 1 to 7, 2018	XVI. Sokol Slet in Prague	Czech Republic, Praha
July 29 to Aug 5,	Family camp, one week	Dinkey Creek
September 8, Saturday	Fall Picnic	Lake Chabot, Castro Valley, CA
October 27, Saturday	100 years of Czechoslovakia	**
November 10	Walk for Health	Jewel Lake, Tilden Park
December	Events to be announced	**

** The Entertainment Committee needs to make a decision

Special Appreciation

to our Board member **Milan Dusatko**, for 15 years of dedicated work as Editor for Sokol San Francisco. Milan diligently prepared, designed, and published Sokol San Francisco quarterly newsletter "Vestnik". He also readily designed, edited, and distributed many invitations for various events organized by Sokol and by other groups, to benefit the Czech Bay Area community.

to Sokol SF member **Pavel Soltys**, for his flexibility and repeated generosity in hosting and housing many of our guests, as well as his assistance with organizing various Sokol SF events.

Jara Dusatko
President

AMERICAN SOKOL XXI CONVENTION

CLEVELAND, OHIO

April 26 - 29, 2018

The National Convention is the highest governance of our organization.

We have maintained respectable standards in the operations of American Sokol through all of these years and we continue to pursue excellence in the decisions we make together with the delegates of the entire organization. The delegates that will attend the Convention are taking time off of work and are giving their time freely to represent the members of their Units.

Historically our Convention lasts 4-5 days, but times have changed making it harder for people to get the time off of work to attend this event. This year, as well, many of us will spend this time and we hope that in the future we can make necessary changes so that the time will only occupy a weekend. We want to thank the delegates that will attend, the Unit leaders and the membership of our organization for helping us make this upcoming Convention a success. We all sacrifice our own personal time and efforts to keep American Sokol moving forward. This alone, is one of the most precious assets we have and one that sets us apart from many other organizations.

Delegates representing Sokol San Francisco at the XXI. Convention are: *Zelmira Zivny, Milos Zivny, Helenka Livingston, and Jara Dusatko.*

XVI. All-Sokol Slet/ XVI. Všesokolský Slet PRAHA, July 1 to July 6, 2018

Last time I was writing about the Slet was still the year of 2017 and we were discussing and solving a lot of trivial but important details: Housing. Now we know all of us from Sokol San Francisco will stay at Panorama Hotel at Pankrac. Good place, not as crowded as downtown and at the Pankrac Metro station. Then the uniforms, and this was solved too. Our Stara Garda Brothers and Sisters will perform in the classic Czech Sokol uniforms with the rich red print at the ladies' shirts sleeves. We, who are of some age remember the red pattern being embroidered. Well, nobody has time for embroidering anymore and the print is quite O.K., too. Dark blue skirts and pants and white T-shirts for me, most of it was already in our closets from the last Slet. For our younger group, for Sisters currently learning their Cesta calisthenics, everything has been ordered and it is now waiting for them at Tyrsuv Dum. They will wear red T-shirt and dark pants. Part of the uniform is also a large white kerchief.

Our small group of Cesta performers, six Sisters only, were originally the only American Sokol members ready to learn and perform this calisthenics. But Cesta's melodies, all of them popular American songs, are tempting. Who does not like John Denver's Country Roads, Scottish folk song Wild Mountain Thyme or the American country praising a certain Good Hearted Woman. Sisters from Sokol Spirit in Chicago area joined our group, they are currently learning the Cesta and they will meet at the Slet in a close formation. One of the Cesta authors, Sister Dasa Honova from Czech Sokol, was so very pleased with young Americans interest that she prepared a special instructional video just for them. Our Sisters know they will be welcome in Prague.

For Princezna Republika, our seniors group will join Brothers and Sisters from Los Angeles and hopefully meet at least once before going to Prague.

The whole Slet week will be very busy, starting with the Parade, Church Service at St. Vitus Cathedral, stage performances, different cultural programs and everyday rehearsals before the main event on Thursday and Friday. We, at the Sokol San Francisco and Pacific District can be proud that we are a part of this wonderful event.

Milos Zivny

LABOR DAY WEEKEND
Czech and Slovak Community Camp In Southern California

A letter from Czech and Slovak Community in San Diego, written by Martina Nemecek, brings us an information about an interesting opportunity. If you enjoy camping and do not mind some driving, this is a Labor Day weekend for you. Read carefully and follow Martina's instruction. And if you decide to join, register on time and enjoy!

It's time to make your reservations for **Labor Day Weekend 2018 Czech-Slovak Community Camp**. Yvonne Masopust asked me to organize camping this year, since she is extremely busy now, and I agreed to help her. She told me, that Czech and Slovak community camping tradition started over 50 years ago and most of the time they camped at Hume Lake.
This year let's try out different, bigger capacity "**Hurkey Creek campground**" with showers, and little warmer night climate. Some campers have been there already (including me), and all have positive feedback. We are hoping that more people will be able to participate since campground has bigger site capacity.

Where: **Hurkey Creek Campground** has 130 single-family campsites. The campground is located in the San Jacinto Mountains about 8 miles from the town of Idyllwild and a mile from Lake Hemet. The campground sits among a forest of large pine trees with some sites along Hurkey Creek.
The restrooms have flush toilets. Showers operate on quarters. Tents and also RVs up to 40 ft. Pet friendly campground.

When: **Friday, August 31 – Monday, Sept 3, 2018 (Labor Day weekend)**

Activities: Recreational opportunities include fishing at nearby Lake Hemet, hiking, biking and wildlife viewing, set among tall pines, sweet smelling cedars and Legendary rocks, bird watching. The meadow offers a large area for outdoor games (softball, volleyball, etc. – provide your own equipment) or group gatherings.There is one very nice playground for children near the day-use and camping areas. Hurkey Creek is a beautiful natural seasonal feature of the park. When water is present, campers and guests (including dogs) are welcome to splash and play. The City of Idyllwild has lots to do: shopping, dining, music, art galleries, etc. Horse rental is available at McCall (May 1 to October 30).

How to make reservations:
Each party/family must reserve own individual campsite at Hurkey Creek campground. If you like to come, please, do not wait.***We really encourage you to make reservations as soon as possible, due to camp site space limits.*** Every year, we have LAST minute campers who would like to join us, but unfortunately some of them cannot since camp was full. If you are not sure if you will attend, we recommend you to reserve your campsite now and decide later. Cost to cancel is $14 if canceled 14 days or more prior to the arrival. If cancelled 13 days or less prior arrival date, fee is $14+ first night camping fee. Or if you need to cancel later, please, let me know, we may have some people on list waiting for some camp site to open.

Reserve your campsite on this website: choose "**Hurkey Creek**" (Sites 62-104 or other) My family is site# 86.

https://rivco.usedirect.com/RivcoSaturnV2/Facilities/AdvanceSearch.aspx

For further questions or if you are having any difficulties, please call our Guest Services team at 1-800-234-PARK(7275)
Please let us know that you are coming and what campsite # you have reserved, so we have some idea how many campers to expect. I will try to reserve site around #88 or so, if available.

We are looking forward to seeing you in camp! It will fun weekend for adults and children as well. Thank you, have a great day.

Martina Nemecek
MartinaNemecek@gmail.com

CZECH MATE Concert

The Gold Coast Chamber Players, a non-profit organization, founded in 1987, presents world-class chamber music performances. Their repertoire includes works from many different areas and styles. Guest artists from around the world are regularly featured at their concerts.

At a concert called "CZECH MATE", on Saturday, March 10th, 2018 in Lafayette Library, the Boston Trio made their debut in Lafayette, honoring the greatest Czech composers: B. Smetana, A. Dvorak and Josef Suk. The music of all three composers vividly exhibited traits for which Czech music has long time been celebrated: lyricism, color, rhythmic vitality and, above all, passion.

The Artistic Director of The Gold Coast Chamber Players, Pamela Freund-Striplen, approached Sokol San Francisco and asked for a donation of "oplatky", and an exhibition of Czech memorabilia – to present information about the Czech Republic and its culture, and to promote Sokol organization in the Bay Area. After the concert, Ms. Freund-Striplen wrote:

Dear Jara,
Thank you so much for bringing all the beautiful displays of Czech culture. I had the chance to see it before the crowds arrived at intermission. The oplatky was a TOTAL hit! Everyone wants to know where they can get it! It's been lovely to get to know you a bit, and I really appreciate your efforts to add another dimension to our program. THANK YOU! Pam

Pamela Freund-Striplen, Artistic Director, *Winner Arts and Culture Award, Contra Costa County*
Gold Coast Chamber Players- www.gcplayers.org
PO BOX 271, Lafayette, CA 94549, Studio Phone: 925-283-3728, Cell Phone: 925-482-5201

Submitted *by Jara Dusatko*

Concert for 100th Anniversary of Czechoslovakia

Miroslav and Zuzana Ambroš

A very special concert took place on March 20th at the Community Building in Redwood City. Czech concert violinist Miroslav Ambroš with his mother Zuzana Ambrošová visited Bay Area after two years as part of their U.S. tour. Sokol SF and BayCzech organized the event which turned out to be a great success.

Miroslav Ambroš is one of the most recognized young violonist of today, not only in Czech Republic but throughout Europe and beyond. He started his studies at age 11 and after consultations with another Czech virtuoso, Mr. Ivan Ženatý at K.M. von Weber Music University in Dresden he was admitted to Czech Conservatory of Music and later to Prague Music University. In 2003 Miroslav became the absolute winner of DuPrix des Jeunes Talentes Européens in Marseille, France and from then his concert schedule became really busy.

He is often accompanied at concerts by his mother **Zuzana Ambrošová**, who is an accomplished concert pianist herself. She became performing on stage when she was 13. At the age of 16 she joined Košice National Philharmony and played as a soloist with Košice and later also with Vienna Philharmony in the most prestigious classical music venues of Europe. Together with her son they form musically very cohesive duo. Their communication is very natural and because they don´t need any visible signals or verbal cues, their play appears effortless and smooth as if it comes from one single heart.

Lately, Miroslav formed a twelve member all-female string ensemble called Ambroš Ladies Orchestra.
Their first concert earlier this year was a huge success and earned them several invitations, most notably for the performance in May at The Opera Garnier in Monaco, with H.E. Prince Albert II in attendance.
The concert in Redwood City, despite awful weather and hard-to-find location brought in about fifty classical music lovers, thank to hard work and organizational skills of Sokol SF president, Jara Dusatko. It was also great to see many young children in the attendance. The audience was appreciative and knowledgeable, mobile phones were turned off and everybody knew when to clap.
The program consisted from works by Czech and Slovak composers. Besides the beloved pieces by Czech giants Smetana, Dvořák, Suk and Janáček, we had a chance to listen to lesser known music by contemporary Slovak composers Peter Breiner and Sylvia Bodorová.
All in all, the evening with Miroslav and Zuzana Ambroš was very nice, the music and their performances were superb and we are all looking forward to bring them back again.

Pavel Soltys, Bay Czech

DECORATING EASTER EGGS

The Czech Easter Egg decorating class for kids and adults was a wonderful experience for everyone.
The participants tried for themselves the Czech folk traditional various artistic techniques. This class was conducted by a local Czech artist Lenka Glassner who had many of her blown and original beautiful hand-painted eggs "Ceske kraslice" on display and available for purchase.

The hands-on lesson included the following styles: painting the eggs with own pattern and scratching with a special tool to enhance the effects of colors and design. Decorating the eggs with plants and dyeing with natural colors of vegetables and spices. Using a wax-resist method, this style similar to batik, where the patterns and geometric elements are drawn on the egg with wax, which then protects the covered areas from the dye that is applied.

It was a fun making a special piece of art that all took home to save as keepsakes. We hope to host this successful event again in upcoming years!

Karin



THIRD CENTURY of ALL-SOKOL SLETS

The big Sokol gymnastic festivals we all know as Všesokolské Slety really have some history to be proud of. We can talk about Slets in 19. Century, 20. Century and the fourth one in the 21. Century is coming this summer.

Until the fall of Austro-Hungarian Monarchy, the Slets were not only gymnastic and athletic festivals but also a demonstration of Czech nationalism. Welcoming participants at the train station in Prague, parades, demonstrations, gymnastic competitions, speeches and theatrical events were parts of the Slets. In fact, some of them still are. The Slet week is always opened with a Parade and members of Sokol San Francisco who will perform at the XVI. Slet in July 2018 will walk through the street of Prague with our beautiful Sokol flag. And the National Theater will give special performance of Ladislav Stroupežnický's Naši Furianti.
You can say that the traditions are still alive.
Let's have a look at the Slets and years.

1882 – 1,600 parade, 700 gymnasts
1891 – 5,000 parade, 2,400 gymnasts, 7000 spectators
1895 – 5,000 gymnasts, 30,000 spectators
1901 – 11,000 parade
1907 - 12,000 parade, 194 groups from CZ and the world
1912 – 30,000 gymnasts , 300 000 spectators
1st World War (1914 – 1918)
1920 – 100,000 gymnasts , 500,000 spectators
1926 – 140,000 gymnasts , 800,000 spectators
1932 – 190,000 gymnasts, 1 mil spectators
1938 – 350,000 gymnasts, 2 mil spectators
2nd World War(1939 – 1945)
1948 – over 500,000 gymnasts
Slet was politically forbidden by the communists
1994 – 23,000 gymnasts
2000 – 25,000 gymnasts
2006 – 20,000 gymnasts
2012 – 20,000 gymnasts

From the modest 700 performers in the year of 1882, the Slets were steadily growing until the year 1912. Then the 1st World War struck and the next time the Sokols met for their Slet was in the year of 1920. There were already 100,000, really one hundred thousand young people performing there. The Sokol organizations spread to many countries, American Sokol was established already in 1865 and Brothers and Sisters were coming to the popular Slets.

The World War 2 and Nazi occupation interrupted Sokol activities and took many Sokol members lives. The first Slet after the War, the famous XI. Slet in 1948 was well prepared and took place after the Communist putsch. Over half a million Sokols met at Strahov Stadium. Among them, in groups of youngest Sokol performers were five members of Sokol San Francisco and they still remember their time at the Slet.
Under Communism, Sokol and Slet were forbidden and it took long forty eightyears before the next Sokol gathering. Sokol is alive and well again and members from Czech Republic and Slovakia, from Australia and Germany, from Austria and Croatia, from Switzerland and from the United States will this summer meet in Prague again. **The Slet history continues.**

Based on the Czech Sokol publication

2018-?

ESTER LEDECKA MADE HISTORY

" I for sure want to win every race," said Ester Ledecka "But the first thing is to enjoy and have good fun with what I am doing with my sports." At the Winter Olympic Games in South Korea, Ester did win every race and made Olympic history. She had won the women's super- G slalom and a week later, a women's snowboarding parallel giant slalom. The 22 years old Czech athlete became the first woman to win a gold medal in two different sports in a single Winter Olympic Games.

She was racing in the 26thposition in the G-slalom and everybody was already congratulating the defending Olympic champion, Anna Veith from Austria. Ester, known as an accomplished snowboarder, changed it all and almost did not believe in her victory herself. The surprise on her face after the victory announcement circled the TV sets around the globe as well as her answer to reporters who asked her at the press conference why still has her goggles over her eyes. Ester just did not put any make up on because she did not expect to win and to be in the cameras focus, she said. She was skiing for the pleasure of it and she just did it better than anybody else.

Ledecka's victory in two sports have upended the contemporary belief that specialization in one sport only in very early age is the only way to success. She began skiing at age 2, tried snowboarding three years later and she said she never considered becoming a sports monogamist. When coaches counseled her to choose one or the other, she held her ground. She remained resolute even when her snowboarding coach expressed his concern last fall that she might hurt her snowboarding gold medal prospects if she also chooses to compete in Alpine skiing.

Skiing and snowboarding are two very different sports and being good at one does not mean the same in the other. Lindsey Vonn, the famous three-time Olympic medalist in Alpine skiing tried the snowboarding too, and "It did not go well", she said. She was sure that Ester's victory in two sports will have a long-lasting impact. Mikaela Shiffrin, a three-time Olympic medalist who races in each of five Alpine disciplines, said Ledecka was "an incredible example" for young athletes.

Is one of the world's fastest female skiers related to one of its fastest swimmers?

That is an interesting question, especially to people of the Czech origin. Is it just a coincidence that Katie Ledecky shares a surname with Ester Ledecka?

Ledecky — the swimmer and five-time Olympic gold medalist — sent out a tweet following Ledecka's sensational winning run, congratulating the ski racer. "That's what Ledecka's do!!!" Ledecky wrote.

But she also raised a question that might have been on the minds of many.

"Ester, I think we're related, we need to do a DNA test?" she wrote in another twitter.

What's clear is both are phenomenal athletes. Ledecky is only 20 years old and has already competed in two Olympics and won 14 world titles. What's less clear is whether genetics — even the tiniest hint of shared DNA — could help explain what makes them both so athletically gifted.

The New York Times reported in November that there is no relation, but neither Olympian seems as certain. Asked following her race whether she was aware of any family ties, Ledecka said, "I don't know. I hope so. She is great."

The Ledecky family is also not sure and leaves open the possibility that the two might be distant cousins. The swimmer's paternal grandfather, Jaromir Ledecky, was born in Czechoslovakia and came to the United States in 1947, eventually becoming an economist with a PhD from NYU. Ledecka's father is named Janek Ledecky. He is a popular musician in the Czech Republic and has been putting out albums for more than 30 years. Before Jaromir died in 2011, he used to share Janek's CDs with his family, telling them that the singer was a distant cousin. Ledecky's father, David, says there could possibly be a connection dating back to Katie's great-great grandfather, but no one knows for certain.

ZZ

MOUNT EVEREST- 65 YEARS FROM THE FIRST ASCENT

Spring is a climbing season at Mount Everest as it was 65 years ago when the ninth British expedition led by John Hunt, set up base camp and started working up slowly. The expedition totaled over 400 people, including 362 porters and 20 Sherpa guides. When two climbers tried to reach the summit and had to turn back because of oxygen supply problem, John Hunt directed Edmund Hilary and Sherpa Tenzing to go for the summit. They reached it on May 29, 1953. And Mount Everest was never the same.

Mount Everest is still there, as beautiful and as dangerous as it has ever been. But so much at the mountain's white slopes has changed. Hillary and Tenzing were first and others did not wait, Mount Everest is too tempting, too attractive. According to Nepalese Data Base from December 2017, altogether 4,833 different people have reached summit of Everest. Unfortunately, due to the hazards and rigors of climbing such a dangerous mountain, 288 climbers have died during their attempt. The death rate for Mount Everest climbers is very high. But there are still candidates enough.

The financial cost of climb is also substantial. Only the permit from the Nepalese government costs $10,000 to 25,000 per person depending on the number in a group. To this price you have to add the equipment, payment to Sherpa guides and other essentials and the cost per person could be well over $65,000.

The Nepalese Tourism Department issued a record 371 permits in 2017 to people to scale the 29,035-foot (8,850m) mountain. An equal number or more Nepalese Sherpa guides will accompany them. Such is the number of climbers that the traffic is just bad on the way to the summit. Bottlenecks are delaying climbers at high altitudes and possibly contributed to several deaths.

Edmund Hillary lamented the commercialization of Everest already in 2008, before his death. It is much worse today. Once pristine slopes are covered with garbage, discarded equipment and humane waste. One report estimates that 12 tons of feces are left on the mountain each year, either buried in the snow around the four camps near the peak or deposited in rudimentary toilets that are emptied near water supplies further down. And estimated 50,000 tons of garbage - from broken tent frames to used oxygen canisters to food wrappers -are strewn around the route up the mountain, along with many of frozen half- buried corpses of climbers who have perished there.



In 2014, the Nepalese government instituted a new rule requiring each climber to bring 18 pounds of trash off the mountain. Climbing teams that do not comply lose their $4,000 deposits. The Everest Summiteers Association collected tons of debris from the mountain. "Each expedition to Everest is required to take a garbage deposit and bring their waste back,"

Everest Summiteers Association General Secretary Diwas Pokhrel said. "But this system has not been strictly implemented."

ZZ

http://www.unmuseum.org/7wonders/everest.htm

VESTNIK RECOMMENDS

The Beauty and Mind of Hedy Lamarr

She was one of the most iconic Hollywood actresses during the 1930s and 1940s. "Bombshell: The Hedy Lamarr Story" is a new documentary directed by Alexandra Deanwhich presents the less known side of the great beauty and famous actress. Because Hedy was also a brilliant inventor and many of our today technology is based on her inventions.

Before Hedy Lamarr started her career in Hollywood, before she invented her frequency-hopping technology, the beautiful Austrian-Jewish girl got famous for her role in 1933 Czech movie Ecstasy. Director Gustav Machaty offered her a role of a disappointed young woman who appeared naked in some scenes and even feigned orgasm. Hedy was 19 years old at the time and the movie was considered such a scandal that it was forbidden in some countries, among them the United States.

In the 1938 she was already in Hollywood, had a contract with Lois B. Mayer and played in movies with Spencer Tracy, Clark Gable and Jimmy Stewart.

Hedy left school in the age of 15 and reached the heights every actress dreams about. But she was not just "every actress" and got very bored in Hollywood. She loved physics, chemistry and inventing. She had a complete inventing table in her house and Howard Hughes, another inventor and admirer of Hedy, gave her a small version of the equipment which she had in the trailer where she stayed during her filming work.

We do not know everything that Hedy invented but during Second World War she got interested in the problems of radio-controlled torpedoes. Nazi submarines kept eluding Allies' attacks because they were able to jam the radio signals that guided the Allies' torpedoes. Hedy Lamarr came with a radio signal between the ship and the torpedo that couldn't t be hacked, couldn't be jammed. Rather than sending radio communications on just one frequency as was normally done, she came up with the idea of making the signal leap from frequency to frequency. It couldn't be jammed because you would only jam a split second of it in a single frequency.



Frequency change or frequency hopes, guaranteed secure radio communication. A brilliant idea.

And that brilliant idea became part of what is known as spread spectrum technology. Hedy Lamarr's work contributed to the development of GPS, Blue Tooth and Wi-Fi. Lamarr had a patent on the technology but it was confiscated, because as an Austrian immigrant, she was considered an "enemy alien". She was never compensated for her invention which the film estimates to be worth around $30 billion.

ZZ

"Bombshell: The Hedy Lamarr Story" will air on PBS, American Masters, on May 18. The documentary, with many details from Hedy Lamarr incredible life and work, would definitely be worth to watch.

Hedy Lamarr:'" Any girl can be glamorous. All she has to do is stand still and look stupid."

MASARYK 100 YEARS AGO

Spring 1918, time of hard work

It was March, and as every year we remembered the funder of Czechoslovakia and the first Czechoslovak President, Tomas Garrigue Masaryk. This year, while putting a bouquet of colorful flowers to his bust in Golden Gate Park, I got curious: what did Masaryk actually do one hundred years ago, where was he and how did he celebrate his birthday, already the 68th.

Thanks to the internet, I got my answers fast and they were surprising. The future President, already an elderly gentleman, was traveling on Legionnaires hospital train from Moscow to Vladivostok. Among the soldiers, young men who deserted Austrian Army and created the Czech and Slovak Legion, Masaryk had to be a real father figure, an elderly university professor, a philosopher, and a politician in exile. But he had his duties on the train, securing housing when needed, and he was also writing, preparing a detailed report on Russia for the Allies, especially for the United States President Woodrow Wilson. After a long and distressful way the train reached the east coast of Russia and we can see professor Masaryk traveling through Korea (then under Japan occupation), then sailing to Japan and going a long way north to the port of Yokohama. On April 20, he boarded a ship to Canada and arrived to Vancouver on April 29

That travel, from Moscow to Vancouver, half way around the globe, had to be exhausting. First on the train through Russia governed by local fractions, then hundreds of miles through Korea and Japan with no comfort, no facilities we would expect, and which would be considered normal today. It was toward the end of the terrible war, the world was poor and devastated. But regardless of his age and all the discomfort, Masaryk did not have time for tiredness. He pursued his idea of dissolution of Austro-Hungarian Empire and creation of a free Czech and Slovak country. It had to be done before the end of the war, before the world will be re-arranged. And Masaryk understood better than other Central European politicians who worked for the same idea in Europe, that the new Slavic country will not be born without the approval and the support of the United States.

After almost four years of war, Europe was exhausted. The strongest of the Allies were the United States and President Wilson's influence and approval was needed for any radical change in European politics. Masaryk was fully aware of it and this was why he traveled to America.

He arrived to Chicago and on May 5th got an unexpected and enthusiastic welcome by 200,000 Chicagoans. Chicago was the center of Czech and Slovak immigration in the U.S. It was also home of Charles Crane, a rich and powerful industrialist and philanthropist and personal friend of Masaryk. It was with Charles Crane help that Masaryk was invited to lecture at the University of Chicago in 1900 and that he was introduced into highest political circles.

The welcome in Chicago gave Masaryk the assurance that Czech and Slovak immigrants share his idea and goal: To create a free Slavic country in Central Europe. He got the same support and assurance in Cleveland, in Pittsburgh, in Boston and New York and in Philadelphia. Czechs, Slovaks and the Rusinsas welcomed the idea of Czech and Slovak state and supported it politically and financially.

The next step for Masaryk was to get an official support of the United States government and get in direct contact with President Wilson. At the end of spring, his meeting with Wilson was scheduled for June 19.

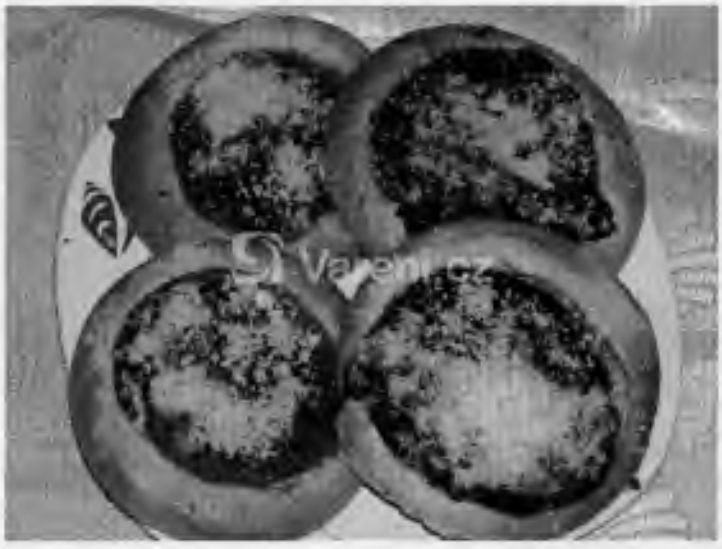
Zelmira Zivny

Will continue in next issue of Vestnik

GOURMET CORNER

Easter *Koláčky* from Mořice , Moravia

Ingredients:
1 cup milk
2 packets of dry yeast
½ cupgranulated sugar
2 1/2 cup flour (all purpose)
2 egg yolks
1/2 cup mayonnaise
1/2 cup oil
pinch of salt
flour for dusting and spoon dipping
Filling:
cottage cheese, about 14 ounces
jam
rum



Mix warm milk, yeast and pinch of sugar. Wait for 10 minutes.
Put all ingredients to a big bowl and add the milk mixture. Mix everything very well for at least 10 minutes. Let rise for approximately 1 hour (for the best result I would recommend touse bread maker to prepare the dough).

Pour cottage cheese in a colander to let some water drip off. Add 2 tbsp of sugar just before you start filling the pastries. Dip a tablespoon spoon to the flour (so the dough does not stick to the spoon when you use it). Using the spoon,scoop uniform pieces of the dough and put them on a buttered baking sheet. Let rise for another 15 minutes. Then take a small glass dipped in flour and make an indentation in the middle of each piece of dough. Brush the empty koláčky with melted butter. Fill the center with cottage cheese and then put a little of jam to the center of the filling.
Bake at 350F for about 15 minutes or until lightly brown.
Brush koláčky with rum.

This makes for around 20 pieces.

Mořice is a village and municipality in Prostějov District in the Olomouc Region of the Czech Republic.
The municipality covers an area of 4.5 km2, and has a population of 480. Mořice lies approximately 18 km south of Prostějov, 31 km south of Olomouc, and 218 km south-east of Prague.

LAUGHING CORNER



NĚJAKÝ CIGARETY. LIGHT. A NĚJAKÝ NOVINY. TAKY LIGHT.

CIGARETES LIGHT PLEASE . AND NEWSPAPERS, ALSO LIGHT

In Italy whenever a young widow visited her late husband's grave, she'd stand facing away from the grave.

When someone asked her why she did that, she said:

"When my husband was alive, he told me, you have such a beautiful ass that it would wake the dead. So I wanted to give it a try."

FOR YOUR BRAIN

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?

3. How much dirt is there in a hole... that measures two feet by three feet by four feet?

Here are the Answers: (No peeking!)

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name? Answer: Johnny, of course.

2. There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh? Answer: Meat.

3. How much dirt is there in a hole that measure two feet by three feet by four feet?
Answer: There is no dirt in a hole.